

## **FOR IMMEDIATE RELEASE**

February 9, 2021

### **Striving for Healthy Hearts in Our Community**

In an effort to boost awareness that February is Heart Health Month, Clear Lake Physical Therapy and Rehab Specialists (CLPTRS) would like to take a closer look at heart health. Specifically, heart attacks. According to the Center for Disease Control and Prevention (CDC) every year, about 805,000 Americans have a heart attack. That is one about every 40 seconds. And about 1 in 5 heart attacks is silent. The damage is done to the heart, but the person is not aware of it.

Let's begin talking about heart health by addressing ways to prevent a heart attack and signs someone is having a heart attack.

There are three major ways to prevent a heart attack and give yourself a better chance at avoiding one.

1. Eat "heart healthy."  
Try to eat five servings of fruit and vegetables every day. Remember, eat a variety of plants and make sure your plate is colorful. Also, stick to lean meats and fatty fish. Lean meats include pork tenderloin, skinless fresh chicken, ground turkey and lean ground beef. Fish rich in Omega-3 fatty acids are salmon, tuna, and trout. Another aspect of eating heart healthy is limiting your salt intake. Most sodium comes from processed foods such as deli meat, canned soups, frozen dinner, and bread. Also reduce your sugar. Sugary drinks, packaged snacks, pastries, and candy are the biggest contributors of high sugar intake in the US.
2. Quit smoking.  
Harmful chemicals enter your blood stream when you smoke. Smoking is a major risk factor for coronary heart disease, which is when fatty deposits build up in your arteries, putting you at greater risk for a heart attack.
3. Increase your physical activity.  
There are 168 hours in one week. If you spend just two and a half of those hours each week engaged in moderate physical activity, such as walking, there can be great benefits for your heart health.

According to the American Heart Association, there are several warning signs when someone experiences a heart attack. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience any of these signs.

1. Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes. Or it may go away, then return. The discomfort can feel like squeezing, uncomfortable pressure, or pain.
2. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, or jaw. Women in particular can experience jaw pain.
3. Shortness of breath. This can occur with or without chest discomfort.
4. Other signs. Other possible signs of a heart attack include breaking out in a cold sweat, nausea, or lightheadedness.

CLPTRS is committed to help keep our community healthy, whether it's through health awareness and education, physical therapy, or helping save lives through blood donation.

CLPTRS will be hosting another blood drive because every day, volunteer blood and platelet donors across the country are needed to help save lives. Blood and platelets are needed for accident and burn victims, heart surgery and organ transplant patients, and those receiving treatment for leukemia, cancer, or sickle cell disease, according to the Red Cross.

CLPTRS will host a Red Cross blood drive on April 30, from 12:30pm to 5:30pm at our practice in Clear Lake. We are located at 417 3<sup>rd</sup> Avenue.

Donors of all blood types are needed. Blood is a perishable product that can only come from volunteer blood donors. The donation process takes only about an hour and can make an enormous difference for a patient battling illness or injury.

To follow CDC COVID-19 guidelines, no walk-in donation appointments will be allowed. Everyone who donates must have an appointment. You can either call our office or go online to book a blood donation appointment. Please call 715-263-4103 or go to [redcrossblood.org](http://redcrossblood.org) to schedule an appointment to donate blood on April 30 at our Clear Lake location.

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For more information, please contact:  
Tina Siebert at 715-263-4103, or email: [tina@therapy1.net](mailto:tina@therapy1.net)

***About Clear Lake Physical Therapy and Rehab Specialists***

Clear Lake Physical Therapy and Rehab Specialists has three therapy locations in Western Wisconsin, as well as The Performance Center which is a class exercise space. We treat our patients with compassion as we work with them to restore human performance.